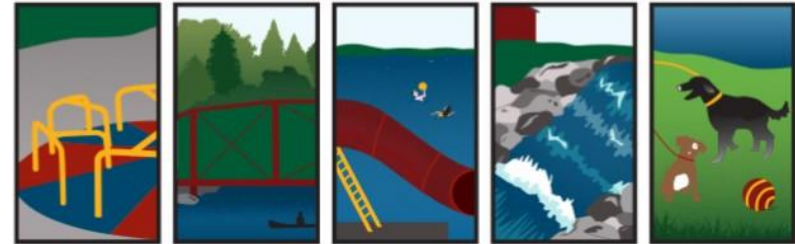




EAST WINDSOR



PARKS & RECREATION


WATER SAFETY

EAST WINDSOR YOUTH SERVICE BUREAU

EAST WINDSOR PARKS & RECREATION



OBJECTIVES

- RECOGNIZE THE IMPORTANCE OF WATER SAFETY TRAINING
 - DESCRIBE THE LINKS IN THE CIRCLE OF DROWNING PREVENTION
 - DESCRIBE THE STEPS IN THE CHAIN OF DROWNING SURVIVAL
 - DESCRIBE THE ELEMENTS OF WATER COMPETENCY
 - EXPLAIN THE STEPS TO TAKE TO REMAIN SAFE IN, ON AND AROUND WATER
- 



SOURCE: CT CHILDREN'S HOSPITAL INJURY PREVENTION CENTER

IMPORTANCE OF LEARNING TO SWIM & WATER SAFETY EDUCATION

- RECREATIONAL SWIMMING AND WATER ACTIVITIES ARE POPULAR AND PART OF EVERYDAY LIFE
- WATER IS A POTENTIAL SOURCE OF DANGER
- **IN THE UNITED STATES, DROWNING RANKS SECOND (BEHIND MOTOR VEHICLE CRASHES) AS A CAUSE OF DEATH FROM UNINTENTIONAL INJURY IN CHILDREN AGES 1 THROUGH 14**
- THE MISSION OF THE RED CROSS IS TO PREVENT, PREPARE FOR AND RESPOND TO EMERGENCIES
- TO FIND COURSES IN YOUR AREA, GO TO [REDCROSS.ORG/TAKEAClass](https://www.redcross.org/takeaclass)

WATER SAFETY & SWIMMING LESSONS

- CHILDREN CAN BE INTRODUCED TO SWIM LESSONS AS EARLY AS SIX MONTHS OF AGE
- WHILE SWIM LESSONS **DO NOT** COMPLETELY ELIMINATE THE RISK OF DROWNING, THEY GREATLY REDUCE THE CHANCE OF IT OCCURRING
- CHILDREN WHO SWIM WITH THEIR FAMILY ARE 2.7 TIMES MORE LIKELY TO BE GOOD SWIMMERS
– USA SWIMMING FOUNDATION
- DO NOT EXPECT INDIVIDUALS WILL LEARN TO SWIM IN ONE SET OF LESSONS OR EVEN IN ONE SEASON!



CIRCLE OF DROWNING PREVENTION

- LEARN SWIMMING AND WATER SAFETY SURVIVAL SKILLS
- SWIM IN LIFEGUARDED AREAS
- HAVE CHILDREN, INEXPERIENCED SWIMMERS AND BOATERS WEAR U.S. COAST GUARD APPROVED LIFE JACKETS
- PROVIDE CLOSE AND CONSTANT SUPERVISION TO CHILDREN WHO ARE IN OR NEAR THE WATER
- FENCE POOLS AND SPAS WITH ADEQUATE BARRIERS TO PREVENT UNSUPERVISED ACCESS



COAST GUARD APPROVED LIFEJACKETS

WHILE LIFEJACKETS ARE A GREAT TOOL TO USE, THEY SHOULD **NEVER** REPLACE PARENT SUPERVISION



FLOATATION DEVICES THAT ARE **NOT** RECOMMENDED



DO NOT RELY ON THESE AS LIFESAVING DEVICES. THESE CAN SUDDENLY SHIFT POSITION, LOSE AIR OR SLIP OUT FROM UNDERNEATH A CHILD, LEAVING THEM IN A DANGEROUS SITUATION


SILENT DROWNING



- [HTTPS://YOUTU.BE/ZUZIFY4ABEY](https://youtu.be/zuzify4abeY)
- 5 YEAR OLD CHILD DROWNED IN A PUBLIC SWIMMING POOL WHILE MOTHER LEFT HIM UNATTENDED (SHE WAS IN HOT TUB)
- MULTIPLE SWIMMERS APPEAR TO BE LOOKING RIGHT AT THE CHILD WHILE NOT NOTICING HE IS DROWNING



GENERAL WATER SAFETY TIPS

- SWIM ONLY IN AREAS SUPERVISED BY A LIFEGUARD
 - **NEVER** SWIM ALONE
 - READ AND OBEY ALL RULES AND POSTED SIGNS
 - ONLY SWIM IN DESIGNATED AREAS
 - **DO NOT** MIX ALCOHOL WITH BOATING, SWIMMING OR DIVING
 - ALWAYS WEAR A LIFE JACKET WHEN BOATING
- 

THE “DANGEROUS TOO’S”

- **TOO** TIRED
- **TOO** COLD
- **TOO** FAR FROM SAFETY
- **TOO** MUCH SUN
- **TOO** MUCH STRENUOUS ACTIVITY
- THESE FACTORS CAN CREATE THE POTENTIAL FOR AN AQUATIC EMERGENCY
- SET SPECIFIC SWIMMING RULES FOR EACH INDIVIDUAL BASED ON SWIMMING ABILITY
- YOUNG CHILDREN SHOULD HAVE AN ADULT IN THE WATER WITH THEM WITHIN ARMS REACH AT ALL TIMES

TOO

Chain of Drowning Survival

A person who is drowning has the greatest chance of survival if these steps are followed:



- Recognize the signs of someone in trouble and shout for help.
- Rescue and remove the person from the water (without putting yourself in danger).
- Ask someone to call emergency medical services (EMS). If alone, give 2 minutes of care, then call EMS.
- Begin rescue breathing and CPR.
- Use an AED if available and transfer care to advanced life support.

CHAIN OF DROWNING SURVIVAL

- BEING ABLE TO RECOGNIZE THE SIGNS OF SOMEONE IN TROUBLE IS ESSENTIAL IN PREVENTING WATER EMERGENCIES
- RECOGNITION
- RESCUE
- CONTACT EMS
- RESCUE BREATHING AND CPR
- USE OF AN AED
- **“NONFATAL DROWNING CAN CAUSE BRAIN DAMAGE INCLUDING MEMBER PROBLEMS, LEARNING DISABILITIES, AND LONG TERM DISABILITY”**

WATCHING CHILDREN AROUND WATER

- DROWNING IS THE NUMBER ONE CAUSE OF INJURY-RELATED DEATHS IN CHILDREN 4 & UNDER
–CENTER FOR DISEASE CONTROL
- CHILDREN AGES 1-4 MOST OFTEN DROWN IN SWIMMING POOLS AT HOME
–CHILDREN SAFETY NETWORK
- 62% OF NATURAL WATER DROWNING CASES HAPPENED IN THE PRESENCE OF AN ADULT
–SAFE KIDS WORLDWIDE
- DROWNING CAN HAPPEN QUICKLY AND SUDDENLY!
- IT TAKES APPROXIMATELY 20-60 SECONDS FOR SOMEONE WHO IS ACTIVELY DROWNING TO BECOME PASSIVE AND/OR SLIP UNDER THE WATER

TIPS FOR WATCHING CHILDREN AROUND WATER

- KNOW EACH CHILD'S SWIMMING ABILITY AND SET SPECIFIC RULES FOR EACH CHILD BASED ON SWIMMING ABILITY
- MAINTAIN CONSTANT SUPERVISION, KEEPING AN EYE ON THE CHILDREN AT ALL TIMES
- STAY WITHIN AN ARM'S REACH OF ANY WEAK OR INEXPERIENCED SWIMMER WHO IS IN THE WATER
- DO NOT ALLOW CHILDREN TO SWIM OUTDOORS DURING INCLEMENT WEATHER CONDITIONS, ESPECIALLY PRIOR TO AND DURING STORMS WITH LIGHTNING AND HIGH WINDS
- EMPTY KIDDIE POOLS IMMEDIATELY AFTER USE
- PROVIDE VIGILANT SUPERVISION WHENEVER CHILDREN ARE AROUND ANY SOURCE OF WATER, NO MATTER HOW WELL THE CHILD CAN SWIM AND NO MATTER HOW SHALLOW THE WATER
- FENCE POOLS AND SPAS WITH ADEQUATE BARRIERS TO PREVENT UNSUPERVISED ACCESS
- GET TRAINED IN FIRST AID, CPR & USE OF AN AED

THE WORLD IS 71% WATER,



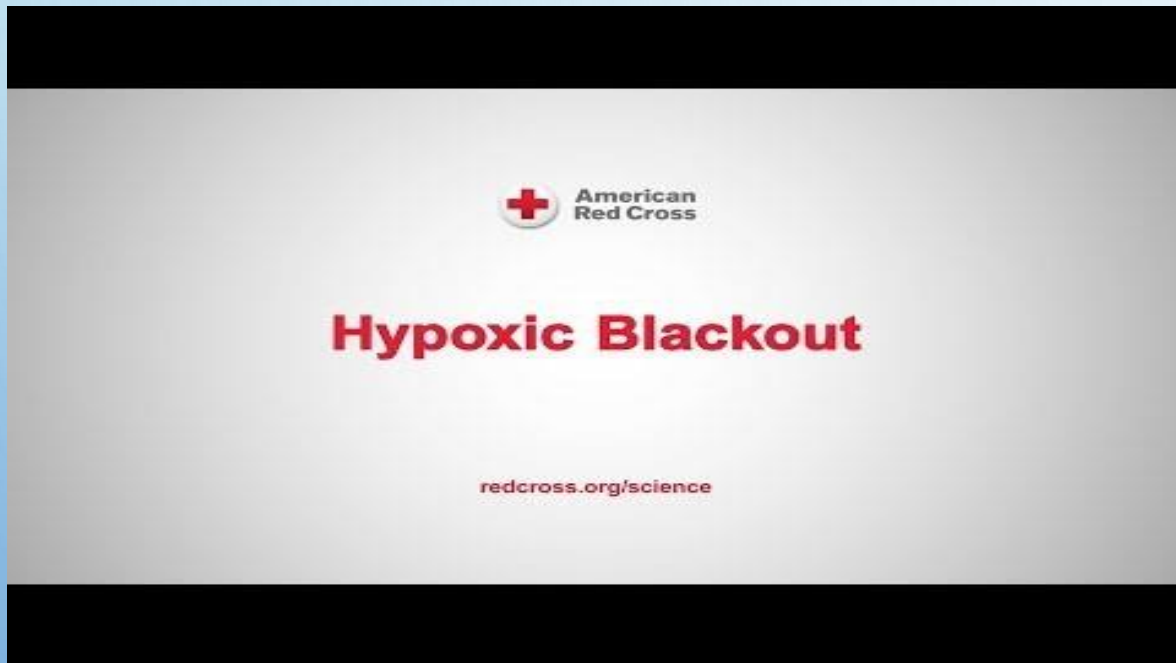
**CHILDREN ARE
100% CURIOUS.**



SWIMMING AT HOME

- 77% OF THOSE INVOLVED IN A HOME DROWNING ACCIDENT HAD BEEN MISSING FOR NO MORE THAN FIVE MINUTES WHEN THEY WERE FOUND IN THE SWIMMING POOL (AND 70% WEREN'T EXPECTED TO BE IN OR NEAR THE POOL AT THAT TIME – CENTER FOR DISEASE CONTROL
- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=IKN1RHRS0BU](https://www.youtube.com/watch?v=IKN1RHRS0BU)

HYPOXIC BLACKOUT



- HYPOXIA: A CONDITION IN WHICH THE BODY IS DEPRIVED OF ADEQUATE OXYGEN SUPPLY
- ANYONE CAN BE SUSCEPTIBLE TO THIS!!
 - NAVY SEAL ARTICLE (2015)
- PARTICIPANTS SHOULD BE LIMITED TO A SINGLE INHALATION WHEN ASKED TO HOLD THEIR BREATH AND SUBMERGE

RED CROSS SWIM MOBILE APP

- DOWNLOAD THE FREE RED CROSS SWIM APP
- PROVIDES DROWNING PREVENTION AND EMERGENCY RESPONSE INFO
- INCLUDES EDUCATIONAL GAMES & VIDEOS FOR KIDS
- SWIM LESSON PROGRESS TRACKER

